

August 2025



Meals on Wheels People at the Tigard Senior Center

8815 SW Omara St, Tigard OR 97223, PH: (503) 620-4613

Open Monday-Thursday, 8 a.m.- 4 p.m.

Monday	Tuesday	Wednesday	Thursday
<p>August 4</p> <p>Strength & Stretch, 11a-12p</p> <p>Lunch, 12-1p</p> <p>Brazilian Embroidery, 1-3p</p>	<p>5</p> <p>Chair Yoga, 11-11:50a</p> <p>Lunch, 12-1p</p> <p>Line Dance Lesson, 1-2p</p> <p>Art with Elizabeth, 1-3p</p>	<p>6</p> <p>Writing Group, 10a-12p</p> <p>Live Muzak w/ Kathy during Lunch, 12-1p</p> <p>Bingo, 1-2:30p</p> <p>Stamp Collector Club, 1-3p</p>	<p>7</p> <p>ALL STAFF MEETING</p> <p>SENIOR CENTER CLOSED</p>
<p>11</p> <p>Strength & Stretch 11-12p</p> <p>Lunch, 12-1p</p> <p>Brazilian Embroidery, 1-3p</p>	<p>12</p> <p>Chair Yoga, 11-11:50a</p> <p>Lunch, 12-1p</p> <p>Art with Elizabeth, 1-3p</p>	<p>13</p> <p>Lunch, 12-1p</p> <p>Bingo, 1-2:30p</p> <p>Reiki, 9:30a-12p</p>	<p>14</p> <p>Strength & Stretch 9-10a</p> <p>Chinese Mahjong, 11a-2p</p> <p>Knitting Club, 10-12p</p> <p>Quilting Club, 10-2p</p> <p>SHIBA/Medicare Counseling, 11a-1p</p> <p>American Mahjong, 12-2p</p> <p>Pinochle, 11a-2p</p>
<p>18</p> <p>Strength & Stretch, 11a-12p</p> <p>Lunch 12-1p</p> <p>Brazilian Embroidery, 1-3p</p>	<p>19</p> <p>Chair Yoga, 11-11:50a</p> <p>Lunch, 12-1p</p> <p>Line Dance Lesson, 1-2p</p> <p>Art with Elizabeth, 1-3p</p>	<p>20</p> <p>NO Writing Club</p> <p>Lunch, 12-1p</p> <p>Bingo, 1-2:30p</p>	<p>21</p> <p>Strength & Stretch, 9-10a</p> <p>Chinese Mahjong, 11a-2p</p> <p>Knitting Club, 10-12p</p> <p>Quilting Club, 10-2p</p> <p>American Mahjong, 12-2p</p> <p>Pinochle, 11a-2p</p>
<p>25</p> <p>NO Strength & Stretch</p> <p>Lunch, 12-1p</p> <p>Brazilian Embroidery, 1-3p</p>	<p>26</p> <p>Chair Yoga, 11-1:50a</p> <p>AARP Brain Health, 1-2p</p> <p>Lunch, 12-1p</p> <p>Art with Elizabeth, 1-3p</p>	<p>27</p> <p>Coffee w/a Cop, 11a-12p</p> <p>Lunch, 12-1p</p> <p>Bingo, 1-2:30p</p> <p>Reiki, 9:30a-12p</p>	<p>28</p> <p>NO Strength & Stretch</p> <p>Chinese Mahjong, 11a-2p</p> <p>Knitting Club, 10-12p</p> <p>Quilting Club, 10-2p</p> <p>American Mahjong, 12-2p</p> <p>Pinochle, 11a-2p</p>

September 1	2	3	4
Strength & Stretch, Lunch 12-1p Brazilian Embroidery 1-3p	Chair Yoga, 11-11:50a Lunch, 12-1p Line Dance Lesson, 1-2p Art with Elizabeth, 1-3p	Lunch, 12-1p Bingo, 1-2:30p	Strength & Stretch 9-10a Chinese Mahjong, 9-11a Knitting Club, 10-12p Quilting Club, 10-2p American Mahjong, 12-2p Pinochle, 11a-2p

Class Descriptions + Details (for new activities)

Tuesday	Line Dance Lesson	Dining room	Drop-in. Bring comfortable, secure slip-on or tie-up shoes. No flip flops. No cost.	Come ready to have fun and learn 1-2 simple line dances for fun and exercise!
	Brain Health Presentation	1-2pm Downstairs	Presented by AARP. No cost.	It's never too late to focus on your brain health! In this interactive session, you'll learn about the six pillars of brain health, supporting activities, the latest research, lifestyle suggestions, and resources – plus be inspired by others.
Wednesday	Writing Group	1 st & 3 rd week, 10a-12p Downstairs, Conference Room	Bring your own coffee/tea, and copies of your work. No cost.	Bring copies of your work for others to follow along as you read your piece aloud (up to 3 pages, please). Receive input and encouragement from the group. Friendship and laughter involved, as well as advice you may take... or not. Join us!
	Coffee with a Cop	August 27, 11:a- 12p Dining Room	Presented by the Tigard Police Department	Chat with members of our police department in a relaxed, comfortable environment.
Thursday	SHIBA/ Medicare Counseling	Second Thursdays, 11a-1p Conference Room	*Appointment only! Call SHIBA at 503-846-3094 to sign-up!	Are you, or someone you know, approaching the age where you benefit from Medicare? Connect with an unbiased SHIBA volunteer to navigate this confusing, but vital, transition!